

Baked Hamburgers

Hamburgers, the summer staple food. The smell of grilling hamburgers will set any stomach to rumbling, even if it was just filled. Some recipes call for grains (bread) to help hold the meat together and stretch the ingredients. My recipes don't. A quick and easy food related to meatloaf and meatballs. If you can make one, you can make the other. They just take different cooking times. Drain pans can be used with beef burger, if needed. They aren't necessary with turkey burger, as turkey burger has almost no grease. Save the burger grease for gravy, recipe in grain section.

Pre Cook Preparation:

Marinate: Optional, in barbecue sauce

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for when meal should be ready to eat, based on cooking method

Meal Adaptations:

Physical Accommodations:

Long oven mitts and oven rack puller

Frozen or canned vegetables can be used

Sit on a stool while stirring vegetables

Visual Accommodations:

Contrasting mixing bowls

Potential Food Allergy or Intolerance:

Bacon Bits

Beef

Breads (gluten)

Eggs

Ketchup

Mayonnaise

Mushrooms

Mustard

Onions

Pepper

Potatoes

Sausage

Spices

Squash
Turkey

Meatless Preparation Avoid:

Bacon bits

Beef

Sausage

Turkey

Substitute with: _____

Utensils:

Large mixing bowl

Wooden spoon

Pan: Large glass rectangle baking pan

Ingredients:

Meat: Choose 2 pounds of:

Beef burger or

Turkey burger

1 to 2 eggs

Optional:

1/8 cup of bacon bits

1/2 pound of sausage

Vegetables:

15 ounces of baked beans

15 ounces of corn

1/4 cup of onions

15 ounces of potatoes

15 ounces of squash

Optional:

4 ounces of mushrooms

Other ingredients:

Dash of salt

Spices such as pepper, to taste

Preparation time: 15 minutes

30 minutes if making fries

Preparation:**Vegetables:**

1. Slice:
 - 1/4 cup of onions
 - 15 ounces of potatoes
 - 15 ounces of squash
2. Place vegetables in oven safe pans:
 - 15 ounces of baked beans
 - 15 ounces of corn
 - 15 ounces of potatoes
 - 15 ounces of squash
3. Place in oven on 350 degrees for 1 hour.

Hamburgers:

1. Mix burger with:
 - 2 to 3 eggs
 - Dash of salt
 - Optional:
 - 1/8 cup of bacon bits
 - 4 ounces of mushrooms
 - 1/4 cup of onions
 - 1/2 pound of sausage
2. Place burgers in oven safe pan.
3. Place pan in oven at 350 degrees for 30 minutes.

Cook Temperature: 350 degrees for oven

Cook Time: 20 to 30 minutes in oven

Servings: 6 to 8 burgers

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.

Add your oven time here: _____.